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# Remember:

#1: YOU are part of airpower history in the making

#2: Beyond yourself

#3: Benchmark for life



By Col. Carl Van Pelt  
48th Fighter Wing Commander

Stop and think for a moment about the last several months. In all seriousness, each of you truly are making airpower history as members of the 48th Fighter Wing – sustaining combat efforts downrange while at the same time superbly tackling the Air Force's toughest inspection (receiving an EXCELLENT on the recent Surety Inspection/SI). *No other Air Force wing since the end of the Cold War has been asked to do what we've done.*

Since October, when we established the first Air Expeditionary Force base operation for our F-15Cs at Cervia Air Base, Italy, the men and women of the 48th Fighter Wing have been true expeditionary warriors. We sent F-15Es to Incirlik AB, Turkey, for Operation Northern Watch a month later, followed by more F-15Es to Operation Deliberate Forge at Aviano AB, Italy, in January. Then we sent F-15Cs back to Cervia and more F-15Es to Aviano in February. Only a month later, we sent even more of our leading edge fighter aircraft to Italy to support Operation Allied Force. We've generated aircraft for combat deployments with extra tanks and live missiles six times in recent months. On top of that, we've deployed security forces to Bosnia and sent some of our medical warriors to Tunisia. Today, we have nearly 70 percent of our aircraft and 20 percent of our precious people deployed to three combat locations and several other sites; and we continue our flying operations at home – truly unprecedented in airpower history. Over the past five months, from RAF Lakenheath we've moved more than 850 short tons of cargo and more than 1,400 passengers on nearly 60 cargo planes (to include C-130s, C-141s, C-5s and C-17s).

As a result, the Liberty Wing has provided NATO and theater commanders with an unparalleled combat edge. Our aircrew participating in Operation Northern Watch dropped more than 200 laser-guided munitions over northern

Iraq and achieved the first-ever combat employment of the AGM-130 missile. Meanwhile, during Operation Allied Force in Yugoslavia and Kosovo, our Eagle drivers have been credited with four MiG-29 kills and our Strike Eagles have delivered almost every munition in the inventory across the spectrum of conflict.

All of these accomplishments are road signs for you to remember three things.

**#1. REMEMBER, YOU are truly part of Airpower History in the Making.**

**#2 REMEMBER, Beyond Yourself.** The guiding philosophy of Dean Smith, the former basketball coach of North Carolina, was "individuals can find strength within only after they acknowledge the limits to what they can accomplish alone." And only then can the individual contribute his or her most to the team. The Liberty Wing has had great individual efforts but they've all been within the scope of the team's mission. Being short handed for the SI, everyone had to contribute. We could NOT have done this individually, but only as a team ... relying on one another ... that's what surety is all about. The same applies to the 12-15 hour work days at the combat locations or the aircraft flying in formation – safely, because of the mutual support from their wingmen. None of this history in the making would be possible if each of you weren't working **Beyond Yourself**, as something bigger than you, as a team – this is what the military is all about: that there's something greater than you ... the team distinguishes us in our life and death business. Quite simply, it can be no other way. And the endearing aspect, is that it reaches out to be inclusive of our families ... making us a unique and special community.

**#3. REMEMBER, Benchmark for Life.** What we have accomplished and the standards of quality of that performance will serve as your measure of merit forever. How we did this will be indelibly a part of your psyche. You will be better for it and this life experience will serve as a benchmark of performance for your career, your profession, and your life.

America is the greatest nation on earth and our United States Air Force is the greatest military fighting force on the surface of the earth or above it. The reason? Because people like you are earning freedom and liberty for every single American citizen. **You should be proud of that ... today and forever. Your children will read about your efforts in tomorrow's history books.**

### Liberty Wing Rule of Engagement (ROE)

**We lead for success**, not to avoid failure (perfection is not possible ... especially when trying new ideas/ways/processes)



## Airpower produces physical and psychological shock by dominating the fourth dimension – time

**How true it is that in all military operations time is everything.**

– Duke of Wellington

When discussing the reasons for his success at Austerlitz, Napoleon noted that he, unlike his opponents, understood the value of a minute. He understood the importance of time. In truth, Napoleon was referring more to timing. Synchronizing the actions of multiple units so as to maximize their effect is vital; this is timing. It is equally important, however, to think of time as duration. A commander must consider how long it will take to move his units into position, and then to actually employ them. More importantly, he must realize that when force is applied rapidly it has both physical and psychological consequences that dissipate when it is employed gradually. Airpower is the most effective manager of time in modern war because of its ability to telescope events. It produces shock.

Although it is difficult to separate the physical and psychological components of shock, the two are decidedly different. Physical shock is produced when force collides with an object. It includes an element of overwhelming power; it is irresistible. Prior to this century shock was generally produced by heavy cavalry, although at times heavily armed infantry deployed in column could also achieve this effect. Indeed, when handled properly, a charge of mounted troops produced enormous shock, sometimes sweeping away the enemy force, as at Arbela and Rossbach. This was not always the case; firepower could at times repel such a cavalry charge, as at Crecy and Waterloo. Nonetheless, shock effect on the battle-

field is still important, although today it is generally provided by armored forces. Airpower can similarly produce physical shock because of the enormous amount of fire power it can deliver in a concentrated area. The impact of a B-52 loaded with 19 tons of high explosive bombs is legendary, and even one F-15E can drop four tons of bombs on a spot with a footprint no greater than a good-sized house.

More importantly, airpower can produce psychological effects.

At its most fundamental level war is psychological. It may be that the best way to increase psychological shock is to increase physical shock, but one must be careful not to equate destruction with effectiveness. Rather, a commander should capitalize on airpower's speed and ubiquity – its ability to dramatically increase the tempo of combat operations. The importance of these characteristics can be realized when it is remembered that even the most energetic army is constrained by its speed of march. In studying thousands of campaigns over several centuries, one U.S. Army researcher discovered that mechanized and armored forces stand still between 90 and 99 percent of the time. While heavily engaged with the enemy, they generally advance at the rate of approximately three miles per

### Airpower videos

Today through April 29, the commander's access channel shows two videos daily. They are "Path to Tomorrow" at 6 p.m. and 11 p.m. and "Principles of War" at 7 p.m. and 10 p.m.

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***Airpower is the most effective manager of time in modern war because of its ability to telescope events. It produces shock.***

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day, about the same as for infantry. There have been exceptions over the years of course, but the study concludes that rates of ground advance have not appreciably changed over the past four centuries despite the advent of the internal combustion

engine and the changes it have brought to the battlefield.

Airpower increases speed of movement by orders of magnitude. Aircraft routinely travel several hundred miles into enemy territory at speeds in excess of 700 miles per hour. Such mobility means a commander can move so rapidly in some many different directions, regardless of surface obstacles, that a defender is at a severe disadvantage. This conquest of time by airpower provides surprise, and surprise in turn affects the mind, causing confusion and disorientation. John Boyd's entire theory of the OODA Loop (observe-orient-decide-act) is based on the premise that telescoping time – arriving at decision or locations rapidly – is the decisive element in war because of the enormous psychological strain it places on an enemy. In addition, speed and surprise can sometimes substitute for mass: if an enemy is unprepared physically or mentally for an attack, then force, rapidly and unexpectedly applied, can overwhelm him: France

in 1940 and Russia in 1941. Moreover, surprise and speed can help reduce casualties because the attackers are less exposed to enemy fire. This is one reason jet aircraft quickly replaced piston-driven aircraft or most tactical air missions in the world's air forces: speed equaled survival.

Nuclear weapons offer the most compelling example of how psychological shock is produced by airpower. Man has not increased the destructive power of his weapons in centuries. The Romans destroyed Carthage totally, razing its buildings, killing its inhabitants and sowing its soil with salt so nothing would grow. The destruction at Hiroshima and Nagasaki caused by blast pressure and radiation had similar results. The differences between these instances is that it took several Roman legions more than two decades to cause such destruction; it took a single B-29 only two seconds. It was this instantaneous destruction, this conquest of time not of matter, that so impacted the will of the Japanese people and the world in general. And indeed, it still does.

This leads to an important insight regarding the effectiveness of airpower in low intensity conflicts. Because guerrilla war is protracted war, by its very nature it is ill-suited for airpower, denying it the ability to achieve decision quickly.

Campaigns like Rolling Thunder during the Vietnam War indicate that airpower is particularly ineffective when denied the opportunity to telescope time. In these instances the limitations of airpower are magnified. Indeed, when robbed of its time dimension, the psychological impact of airpower may be virtually negative.



Photo by SrA. Scott Asche

### F-15Cs arrive

More than 50 support personnel from the 54th Fighter Squadron, 3rd Fighter Wing at Elmendorf AFB, Alaska, arrived Tuesday and six F-15Cs arrived Wednesday. The pilots and support personnel are designated the 54th Expeditionary Fighter Squadron and are deployed to RAF Lakenheath to help with Operation Allied Force.

# Wing members return from ONW

By A1C Russ Martin  
48th Fighter Wing public affairs

One C-130 Hercules and two C-5 Galaxies carrying more than 130 airman along with about 10 F-15E Strike Eagles from the 492nd Fighter Squadron returned from Operation Northern Watch between April 8 and 11.

Several other F-15Es from the 492nd FS had returned March 27, and the redeployment is now complete.

"This has been a great opportunity for our airmen," said Lt. Col. William Polowitz, 492nd Fighter Squadron commander. "For many of our pilots and maintainers, this has been their first real world, live-fire, operation. I am proud of all our pilots and maintainers for



TSgt. Greg McKinney, 48th Fighter Wing plans office, greets Capt. Jerry Weihe, 492nd Fighter Squadron, who has been deployed.

their terrific job guarding the skies over Iraq. I'm thankful everyone returned safely."



Photos by SrA. Scott Asche  
SSgt. James Karber, 48th Equipment Maintenance Squadron, greets his wife, Jackie.

## Sourcing, privatization unit maps way

In today's Air Force, competitive sourcing and privatization is needed to free up critical funds for commanders to meet future challenges as the service's missions evolve.

CS&P has been in-place for years; however, many people do not understand the process. In keeping with the Air Force tradition of taking care of its own, the deputy chief of staff for personnel established a CS&P office in May 1998 to serve as the focal point for issues related to CS&P and to help Air Force people better navigate through the process.

Since opening its doors, the

CS&P office has made great strides in helping military and civilian people prepare for future competitive sourcing studies. Their efforts include a "Handbook for Civilian Personnel on Competitive Sourcing and Privatization" and development of a CS&P course for Air Force personnel specialists.

The CS&P staff realizes how stressful consideration for competitive sourcing can be for Air Force people. One of their goals is to make the process less taxing through education by providing personnel flights with information about the process. In addition,

the staff has daily contact with major commands and functional experts that are considering competitive sourcing studies, to make sure personnel implications of studies are considered.

Deputy Chief of Staff for Personnel Lt. Gen. Donald L. Peterson is dedicated to ensuring the Air Force finds the right mix of military, civilian and contract workers to sustain the world's finest air and space force into the new millennium.

More information about the CS&P office is available at <http://www.dp.hq.af.mil/DP/dpfx/CS&Pindex.html>.

### Afternoon sick call appointments available

Both walk-ins and appointments are available at the afternoon sick call in the RAF Lakenheath Family Practice Clinic. People can make an appointment by calling 7-8010 or 7-8736. Afternoon sick call sign-in for walk-ins is 12:30 to 1 p.m. weekdays. Call 7-8770 for more information.



Photo by SrA. Scott Asche

## Liberty Warriors

The 48th Civil Engineer Squadron explosive ordnance disposal flight received an Award of Excellence from the U.S. Air Forces in Europe Inspector General during the surety inspection that ended April 5. The superb teamwork, weapons system knowledge and initiative displayed by each member of the flight were driving factors in the rapid, safe and error-free responses to all practical exercise scenarios. The flight meticulously maintained all emergency response equipment and centrally stored it for rapid

response. The response teams consistently deployed within 10 minutes of notification including equipment loadout time. Flight members accept their award from Gen. John Jumper (center). The flight members are (from left to right) SSgt. Jason Fish, SSgt. Mike Pitts, SrA. Mike Williams, SrA. Jacob Kisor, A1C Kyle Luckanavage, SrA. Scott Williams, SrA. Richard Toporek, and Capt. Lamberto Braza. Editor's note: Photos of all IG Award of Excellence winners will be run in upcoming "Jet 48s."

## News notes

### Awards banquet slated

The 48th Fighter Wing quarterly awards banquet is at 11 a.m. Thursday at the RAF Lakenheath Officers' Club. Call SSgt. Tom Haerr at 7-4500 for more information.

### Be aware of surroundings

In light of current world situations involving the NATO bombings in Kosovo, numerous intelligence agencies have reported an increase in anti-U.S. sentiment throughout the European community. There have been reports of car bombings, Army personnel receiving small arms fire during a patrol and several verbal threats directed toward U.S. personnel and resources. A Department of Defense employee in Italy had her American-plated vehicle burnt to the ground by an incendiary device. The intent of the perpetrators was not to hurt people but to get the attention of Americans.

A vehicle owned by a service member in Norfolk had its windshield broken by a brick with an anti-American note on it. The bottom line is anti-American sentiment has increased since the bombing of Yugoslavia began, and individuals may lash out against Americans when given the opportunity.

To remove the opportunity, protect personal property by removing any items that advertise it as belonging to an American. Though local intelligence agencies agree that no direct threats toward RAF Lakenheath personnel have been communicated or expressed, people should remember that they could be a target.

Everyone should consider keeping a low profile when traveling off base and throughout Europe. Remove the Air Force Form 26 (pink card) from sight when leaving the base. Inspect vehicles in the morning before getting in and look for anything out of the ordinary. Remove or cover symbols, bumper stickers or

license plates that advertise affiliation with the Air Force or the United States. Use common sense — if someone questions you regarding your affiliation with the base, or if you see suspicious activity in or around the base or housing areas, contact the Air Force Office of Special Investigations at 7-1743 or 7-1852 immediately.

### General's visit

Maj. Gen. Donald Lamontagne, Air Force Personnel Center commander, visits the 48th Fighter Wing April 30. He will give several mandatory briefings during his time here. At 7:45 a.m., all wing, group and squadron commanders must meet in the Liberty Wing conference room for a mission briefing and the general's briefing. At 10 a.m., all 48th Operations Group and 48th Logistics Group personnel must meet in the RAF Lakenheath Officers' Club ballroom for the general's briefing. At 1:05 p.m., all 48th Support Group, 48th Medical Group and wing staff agency personnel must meet in the officers' club ballroom for the general's briefing. At 3:30 p.m., there is a mandatory officers call in the officers' club ballroom for the general's briefing.

### Special tax benefits planned

Monday, President Clinton announced his intention to issue an Executive Order designating the Kosovo area of operations as a "combat zone" for tax relief benefits.

The Kosovo area of operations encompasses the Federal Republic of Yugoslavia, Albania, the Adriatic Sea and the northern Ionian Sea. It also encompasses the airspace above these areas, thus covering the aircrews of long-range bombers and naval aircraft flying missions into the combat zone from outside the area.

This designation will provide several tax benefits to United States military personnel

serving in the designated area, including the following:

□ Their deadline for filing and paying taxes will be extended.

□ Their military pay for months served in the combat zone will be exempt from income tax (subject to a dollar limit for commissioned officers), and will not be subject to income tax withholding.

□ Their toll telephone calls originating in the combat zone will be exempt from the telephone excise tax.

The extension of tax deadlines will also apply to U.S. military personnel deployed overseas in support of operations in the combat zone, and others, such as Red Cross personnel. The President's authority to confer these benefits lies in various provisions of the Internal Revenue Code. In addition, U.S. military personnel who are serving in this area will be eligible for Imminent Danger Pay of \$150 per month. Personnel serving in Croatia, Bosnia-Herzegovina and Macedonia are already receiving these benefits under 1996 legislation designating those countries as a Qualified Hazardous Duty Area.

Once the President issues the Executive Order, the Department of Defense, in conjunction with the Commander in Chief U.S. European Command, the military services and the Department of Treasury, will take the necessary steps to implement the Order, including designation of specific units to be covered.

### Spouses call slated

A spouses call is scheduled for 5:30 p.m. April 23 in the RAF Lakenheath Officers' Club. Anyone may attend. Also, a child psychiatrist will be available at the briefing.

### Officers call slated

A mandatory officers call is at 4 p.m. April 23 in the RAF Lakenheath Officers' Club.

# 48th MDG makes history here

By Lt. Col. David Jenkins  
48th Medical Group

Over the past seven months, the surgical flight at RAF Lakenheath Hospital has performed eight operations in a better, minimally invasive way. These operations were all "keyhole surgeries" performed with fiberoptic video technology.

The surgeries included: laparoscopic nissen fundoplication (anti-heartburn surgery), laparoscopic appendectomy (for appendicitis), laparoscopic spleen removal, laparoscopic colon removal, laparoscopic transperitoneal hernia repair, laparoscopic extraperitoneal hernia repair, thoracoscopic pleurodesis/lung bleb removal (for pneumothorax), and thoracoscopic "cleanout" of complicated pneumonia.

Laparoscopic refers to using video scopes and small incisions to do work in the abdomen while observing it on a TV monitor. Thoracoscopic refers to the same use of advanced technology for work in the chest cavity. Minimally invasive surgery encompasses both. The benefits include less pain, less scarring, less infections, shorter hospital stays and quicker returns to work or strenuous activity.

An example includes one patient who had chronic heartburn problems.

"The patient, (who) had the laparoscopic nissen surgery performed, had been suffering from heartburn (despite heavy medication) for six years," said Col. Linda Henderson, 48th Medical Operations Squadron commander. "This required over 150 trips to Emergency Services over the past three years. The nissen immediately got rid of his heartburn. Conva-

*The benefits include less pain, less scarring, less infections, shorter hospital stays and quicker returns to work or strenuous activity.*



Photo by A1C Russ Martin

A typical surgery setting.

lescent leave was only 10 days versus three weeks if he had the old-fashioned open surgery done."

In this anti-heartburn surgery, the top of the stomach is sutured around the bottom of the esophagus to improve the valve that keeps acid down in the stomach. It's only done when the heartburn is resistant to medications or a patient desires to get off of very strong anti-heartburn medication.

Although the minimally invasive approach to these surgeries had not been fully used before at the 48th Medical Group, the surgeons are well experienced in their practices.

"These surgeries have melted perfectly into our new outpatient focus and have provided our customers with the absolute latest standard of surgical care in both techniques

and equipment," said Maj. (Dr.) Tama Vandecar, surgery flight commander.

"We've performed laparoscopic gallbladder surgery for several years," said Maj. Diana Johns, operating room element leader. "These advanced keyhole

surgeries are on a higher level of complexity."

The three general surgeons who do the procedures here are Col. (Dr.) Sarla Saujani, Maj. Mike Mann and myself.

"Minimally invasive surgery is the optimal surgery for personnel on flying status because it gets them back to work quicker and with less limitations," said Saujani. "It's exciting to be able to help others using better methods."

It's a team effort in every sense of the word. It involves (among others) efforts from the 48th Medical Operations Squadron's general surgery clinic, ambulatory procedure unit, multi-ser-

vice unit, operating room; and the 48th Medical Support Squadron's x-ray, pharmacy, lab, and logistics sections. SSgt. Tony Gurrola, from the operating room staff, has done a commendable job in organizing the logistics for these advanced procedures. These are equipment-intensive procedures, taking about three times as many instruments and tools as conventional surgery.

"This is cutting-edge surgery that keeps us up to par and even ahead of our civilian counterparts," said Maj. (Dr.) Mike Mann. "These surgeries may cost more in operating room supplies, but we save the taxpayer money in the long run with a healthier, more productive Air Force."

For more information, consult primary care managers or call the surgery clinic at 7-8237.

## Team convenes to review anthrax program

WASHINGTON (AFPN) — Trying to balance force protection with concerns from some people about the safety of vaccinations, the Air Force is forming a team to look at all aspects of its anthrax program.

Assistant vice chief of staff Lt. Gen. David Vesely is taking charge of an anthrax integrated processing team. Vesely said the team will "review everything from the threat to the policies, processes, impacts on operations, morale, discipline, etc."

The secretary of defense ap-

proved the overall Defense Department plan May 18 to vaccinate all U.S. service members for anthrax. This approval was based on the successful completion of all testing and operational criteria. The vaccination is to serve as one of the primary defenses against the use of biological warfare by rogue nations. Since then, the Air Force has immunized more than 64,000 airmen.

The overwhelming majority of airmen have received the vaccine without complaint; how-

ever, several airmen have faced disciplinary actions or resigned from the military rather than have the shots.

In announcing the Air Force review, Vesely said, "We'll take a total-force approach to capture the entire landscape of the issues. We'll then report at least quarterly to the senior Air Force leadership on the status of the programs, define the issues and recommend actions."

Lt. Gen. Charles Roadman, Air Force surgeon general, sees the team's formation as a good

way to look at how far the service has come and where it needs to go in its anthrax program.

"There is no doubt we are on the right course," he said, "but when implementing any large program it is good management to reflect on how well progress is going."

"The team will examine lessons learned so far, what target audiences we still need to reach and how can we improve education so people will clearly understand they must fear the disease, not the vaccine."

# Recycling is the way – start today



**By A1C Michael Collins**  
**48th Communications Squadron**

The RAF Lakenheath and RAF Feltwell communities are celebrating Earth Week today through April 24 and Earth Day is Thursday. Liberty Warriors have been working diligently to make this Earth Week's activities the most fun-filled and community spirited in the history of the wing.

The celebration of Earth Week here at RAF Lakenheath and RAF Feltwell began about eight years ago when earth-consciousness themes increased awareness. A large number of military bases celebrate Earth Week with their own themes. The Liberty Wing's Earth Week theme is "Recycling is the way – start today!" This theme drives home two important points: first, the Liberty Wing uses recycling to exceed Department of Defense mandates' goals; and secondly, the theme stresses the need for continued effort with the best weapon against pollution – recycling.

There are four key factors associated with our Earth Week theme. First, DOD mandates which drove past accomplishments and established future goals; second, the simple plan to reduce, reuse and recycle will be explained; third, the community has an opportunity to take an active role in Earth Week's planned activities via area clean-ups and unified community fun; and finally, the importance of educating present and future generations.

The first key factor started with the 1996 DOD mandate that set the goal to reduce solid waste by 50 percent. DOD announced at the end of fiscal 1998 that the goal had been met and that the Air Force had exceeded the targeted 50 percent reduction. These achievements were accomplished by a simple but effective plan – reduce, reuse and recycle. Since 1995, these simple procedures used throughout the 48th Fighter Wing reduced

the 48th FW's annual solid waste by more than 1,600 tons. Of the remaining 4,900 tons of municipal solid waste generated last year, an additional 1,700 tons were recycled. The entire base community can be proud of this achievement and their contributions to preserving our natural resources, setting about a 48th FW tradition in excellence.

Rex Keegan, 48th Civil Engineer Squadron environmental flight, said the DOD immediately announced new Measures of Merit for municipal solid waste reduction on military installations. These new mandate goals are set to reduce landfill of non-hazardous waste an additional 40 percent by the end of fiscal 2005. To meet these targets, the Civil Engineering Agency has developed a new plan to help the wing reach this goal, such as curbside pick-ups and compost waste plans. Curbside recycling collections in the RAF Lakenheath and RAF Feltwell housing areas has started. Additionally, a new procedure for military family housing solid waste collection has started, separating compostable waste from landfill waste at RAF Lakenheath. At RAF Feltwell, home-composting kits have been provided for each residence. These two initiatives combined are expected to achieve 60 to 70 percent of this new goal.

Other portions of the reduction plan will be implemented in the future and will add solid-waste reduction initiatives to dormitory areas and other base agencies.

The second factor of the theme – reduce, reuse and recycle – will help the wing eliminate landfill space requirements and find alternative solutions to municipal solid waste disposal. Reduce, for instance, is the easiest to implement, where people avoid non-recyclable materials and make an effort to use recyclable substitutes. Reuse can be as simple as buying a product that is made from a recycled material or building a birdhouse out of scrap wood. Recycling alone can reduce the average household waste by 40 to 50 percent. Additionally, composting or participating in a green waste program can remove another 15 to 20 percent of house waste, and this is a great method of waste reduction. These measures can be fully applied to all base facilities as well as military family housing. The im-

portant thing is to participate.

Take time this week to participate in environmental awareness activities and to review involvement in taking care of the environment. There are many environmental concerns today. This year, there are many events planned, includ-

ing a clean up of the Lakenheath Warren, a garden clean up for some elderly neighbors, school and child development center activities, a tree planting ceremony and more. Volunteers are needed and can call 7-3990 for details.

## *Earth Week schedule*

### **Today**

Earth Week challenge cup golf tournament at 7:30 a.m. at the RAF Lakenheath Golf Course. Tee off is at 8 a.m. The defending champions are the 100th Civil Engineer Squadron operations flight. All revenues to pay for Earth Week contest prizes and the golf tournament prizes.

### **Saturday**

Face painting and environmental booth at the RAF Lakenheath Main Exchange.

Lakenheath Warren clean-up beginning at 8:30 a.m. Volunteers needed to help clean up the rabbit warren on the west side of the fence along the airfield. Trash must be collected and disposed. The meeting place is the 48th Transportation Squadron parking lot.

Boy Scouts will assemble bird boxes and will place them in Peacekeeper Park, on the RAF Lakenheath High School grounds and other approved nesting places on RAF Lakenheath.

### **Monday**

Campus clean-up at the RAF Lakenheath Middle School at RAF Feltwell.

### **Tuesday**

Campus clean-up at RAF Lakenheath Middle School at RAF Feltwell.

### **Wednesday**

Campus clean-up at the RAF Lakenheath High School.

United Kingdom environmental trailer display at the RAF Lakenheath Main Exchange. Volunteers are needed.

### **Thursday – Earth Day**

Environmental displays at the RAF Mildenhall Bxtra. The displays show products manufactured with recycled material.

### **April 23**

Tree planting ceremony near the RAF Lakenheath Chapel and base exchange. Time is to be determined.

### **April 24 – Community Day**

Local communities garden clean-up for elderly and disabled people. Volunteers with transportation and garden tools are needed. People will meet at the 100th Civil Engineer Squadron parking lot at 8:30 a.m.. To sign up, call Rex Keegan or Jean Dennett at 7-3990, Dave Nutt at 89-5836, or Neil Ahern at 89-4155.

### **Daily activities**

The RAF Lakenheath Auto Hobby Shop sponsors a spring tune-up special Tuesday through Saturday.

Outdoor recreation gives a 5 percent discount on all new bicycles to anyone who says "Recycling is the way – start today."

RAF Mildenhall Library environmental reading display.

Pond dipping exercises at the Peacekeeper Park for RAF Lakenheath Elementary School students Monday through April 23.

Environmental storytime for child development centers Monday through April 23.

School Earth Week posters will be displayed throughout the bases Monday through Thursday.





Photos by TSgt. Greg Suhay

### 2,000 hours!

The commander of the deployed 48th Expeditionary Operations Group here reached a major career milestone while flying a NATO combat mission April 12 – he surpassed 2,000 flying hours in the F-15C Eagle. The 48th EOG is deployed from the 48th Fighter Wing.



Photo by SSgt. Scott Davis

### Easter service at Tuzla

Chap. (Capt.) Joe Deichert, deployed 48th Fighter Wing chaplain, says the Easter Sunrise Service at Tuzla AB, Bosnia and Herzegovina, April 1. More than 40 people are currently deployed to Tuzla.

# F-15E WSOs guide technology to target

By 1st Lt. Matthew Borg  
31st Air Expeditionary Wing  
public affairs

AVIANO AIR BASE, Italy – When it comes to fending off enemy fighters and surface-to-air defenses while guiding 2,000-pound bombs with pinpoint accuracy, two heads are better than one.

The F-15E Strike Eagle's weapons systems officer gives NATO Operation Allied Force planners here the flexibility to employ an aircraft capable of performing the dual role of air-to-air and air-to-ground missions over the Federal Republic of Yugoslavia. The aircraft's pilot and "wizzo" allow the warplane to fight its way to a target, prosecute attacks right in the nerve center of enemy ground positions, and fight its way back out.

Of recent importance are the F-15E's unique munitions, which allow the pilot and weapons systems officer to see below the clouds over Yugoslavia – clouds that would otherwise hamper NATO efforts to put bombs on target.

The AGM-130A, a powered surface-to-air missile equipped with a television camera and data link, has been able to break through the cloud layer and provide a clear picture of the target for the pilot and WSO in the aircraft, said the 494th Expeditionary Fighter Squadron commander.

Watching the entire event through the camera on the end of the missile, the WSO can literally steer the weapon to its intended destination, a capability that has



Courtesy photo

Two F-15E Strike Eagles, deployed to Aviano AB, Italy, from RAF Lakenheath, prepare to launch in support of Operation Allied Force. The Strike Eagle's two-seat configuration and advanced AGM-130 munitions have allowed NATO planners increased flexibility in air operations over the Federal Republic of Yugoslavia.

proven invaluable in Operation Allied Force.

"Although F-16s and F-117s are also able to deliver precision-guided munitions," said the commander, "they have to rely on automated systems because the person flying is also the one trying to figure out the timing and tracking, as well as finding the target and avoiding triple-A. We're able to guide the bomb in all the way without any distractions."

The F-15E, the Air Force's only two-seat fighter, is capable of carrying most weapons in the Air Force inventory, but it is the tandem crew, which makes possible the employment of the high-tech ordnance.

"Having two crew members allows us to share the workload," said a 494th Expeditionary Fighter Squadron WSO deployed to Aviano AB from RAF Lakenheath

for Operation Allied Force. "It allows us to cross-check, but most importantly, it's another set of eyes."

While the division of duties is probably the two-seater's most important characteristic, Henderson believes having two crew members on board provides a "sanity check" vital to the Strike Eagle's success.

"Having a backseater allows two people to look at the target and reconfirm (its precise location)," added Henderson.

The transfer of real-time targeting information from the F-15E to the missile allows the crew to retarget the weapon after it has been launched. Therefore, if a mobile target has been moved, the WSO is able to attack the new target area by programming new coordinates.

If the F-15E crew encounters an

air-to-air challenge after missile launch but before impact, the tandem's focus shifts to the more "immediate" threat.

"Depending on the situation," said the WSO, "we may actually be able to launch the missile, finish off an air-to-air challenge, and then go back to air-to-ground and guide the missile in."

The 494th EFS was the first to employ the AGM-130 in combat, said Henderson. The squadron, which developed its skills while supporting Operation Northern Watch, is now honing its craft in an entirely different combat environment.

"The Strike Eagle has had a fantastic success rate," said Henderson on the assessment of the F-15E in Operation Allied Force. "We've been very effective in doing what we came here to do."

# Rescued pilot details evasion, inspiration

By 1st Lt. Matthew Borg  
31st Air Expeditionary Wing  
public affairs

AVIANO AB, Italy (AFPN) — During his more than six hours behind enemy lines, the U.S. F-117 pilot who ejected during a night mission over Yugoslavia March 27, waited for his rescuers with a cloth American flag under his flight suit and against his body.

Given to him by an airman as he strapped in for his mission, he secured the flag before he took off, and that's where it remained until his return, providing him a calming reassurance throughout.

"A moment like this is a prayer in object form," said the pilot, whose identity is being protected for operational security reasons. "Her giving that flag to me was saying, 'I'm giving this to you to give back to me when you get home.'"

"For me, it was representative of all the people who I knew were praying," said the pilot. "It was a piece of everyone and very comforting. It helped me not let go of hope. Hope gives you strength ... it gives you endurance."

In numerous debriefings over the past week, the pilot spoke of this endurance along with his determination to survive and evade, but credits his return home to the search and rescue team that plucked him from deep within Serbian territory.

Punctuated by repeated statements of gratitude to his rescuers, the Stealth fighter pilot detailed his emergency ejection, enemy evasion and eventual rescue.

"I knew I was fairly deep into Serbian territory," said the Air Force pilot. "I had guessed my position was within 20 miles of Belgrade — not a happy thought, considering the risk involved in a combat search and rescue that deep into Serbian territory."

The pilot said he purposely wasn't optimistic about a timely extraction and was prepared for potential capture.

"I knew everybody was doing everything they could, but I also knew what was involved in trying to recover me," said the pilot. "Even though that team is highly trained and extremely skilled, I knew the risks and complexity, as well as the danger. I still can't believe that I got on board that (rescue vehicle) with our guys."

The cause of the crash is still

*"I knew I was fairly deep into Serbian territory. I had guessed my position was within 20 miles of Belgrade."*

-- Rescued F-117 pilot

under investigation, but the pilot did provide officials with a detailed account of his ejection from the aircraft.

While he doesn't know exactly what the negative G-forces were prior to his ejection, he described them as "enormous," potentially as high as five times the force of gravity.

"I remember having to fight to get my hands to go down toward the (ejection seat) handgrips," he explained. "I always strap in very tightly, but because of the intense G-forces, I was hanging in the straps and had to stretch to reach the handles."

While he recalls the intense strain involved in getting his fingertips to the ejection handles, he said he doesn't remember making the conscious decision to eject from the aircraft.

"Am I going to know when it's time to get out?" is the question on every fighter pilot's mind," he said. "The one fragment of this whole event I can't remember is pulling the handles. God took my hands and pulled."

Uninjured except for a few minor abrasions, the Nighthawk pilot described the ejection as "violent." Although slightly disoriented after the high-air-speed ejection, he was very aware he had just bailed out deep within Serbian territory.

"It didn't panic me," he said. "I just got very busy doing what I needed to do."

After his parachute had deployed, he said he immediately started working the rescue.

"I remember thinking, 'Why wait until I hit the ground? Let's go for it now,'" he explained.

The pilot attributes a great deal of his success behind enemy lines to his Air Force SERE training, an intensive program that includes survival, evasion, resistance and escape instruction.

"There was not a whole lot of this that I actually had to ponder," he said. "The SERE training and periodic life support refresher training provide a very strong foundation of survival techniques. Having experienced (survival and eva-

sion) at some level, even though it was in the training environment, provided some level of familiarity."

Because of the potential that the Serbs were also monitoring various radio frequencies, the pilot had to minimize his radio transmissions and calls for help.

After making radio contact with NATO forces, he used the remaining minutes of his descent to survey the land — looking for landmarks, areas of cover and a landing site.

Parachuting into a freshly plowed field approximately 50 yards from a road and rail track intersection, he immediately began burying the life raft and other survival equipment automatically deployed during the ejection sequence.

"There was some activity at that intersection," he said. "Thank God no one actually saw me come down." While he couldn't absolutely confirm that the cars, trucks and people he heard were looking for him, he did hear search dogs. At one point, a dog came within 30 feet of where he was huddled.

The pilot spent the next six hours hunkered down in this "hold-up site" in a shallow culvert 200 yards away from his landing site. It was during this time that many questions began racing through his head.

"A very important part of the whole combat search and rescue operation is to minimize transmission on the radio," he said. "However, for the downed guy, it's very unsettling to not know what's going on. You're thinking, 'Do they know I'm here? Do they know my location? Where are the assets, and who is involved? What's the plan? Are they going to try to do this tonight?' It's the unknowns that are unsettling."

But amid this road race of thoughts, the Air Force officer had something tangible to get him through six hours of solitude amidst barking search dogs, passing headlights and pursuit trucks roaring up and down the nearby road—the American flag.

And while the downed pilot waited, so did the American people,

including those forces deployed to Aviano AB, Italy.

"When we heard he was down," said the airman who had given him the flag, "it was as if we had lost a member of our family. These guys aren't just pilots to us. We know their families, and they know ours."

The pilot endured for more than a quarter of a day until the special operations unit arrived. With minimal communication but careful and discreet authentication of his identity, the search and rescue team was able to ingress to the pilot's hold-up location. Search and rescue specialists with emergency medical capabilities and whose mission is to recover combat air crews in austere environments quickly extracted the pilot and whisked him toward friendly ground.

Among the first to greet the rescued pilot at Aviano was the airman. Amid the hugs, back slapping and hand shaking, the F-117 pilot spotted her in the crowd and reached into his flight suit to reveal the flag he had promised to return to her.

"People have asked me if I was thinking about the flag I had given him," the airman said. "I wasn't thinking about it at all. I just wanted him back."

Now, just days after his rescue, the downed pilot is anxious to get right back in the cockpit.

"The leadership said they wanted to give me a breather and that it wasn't my choice," said the pilot. "All I asked was that I be able to stay here for as long as possible before heading back. I think all of us need to have time together to visit with our emotions."

Allied Force air operations continue to launch here day and night, with approximately 140 warplanes operating out of the Northeastern Italy air base. Nearly 400 NATO aircraft in the region have been ordered by Gen. Wesley Clark, supreme allied commander Europe, to focus more intensely on Yugoslav forces.

While the rescued pilot will be miles away from the combat for the foreseeable future, he did want the American public to know how hard those still supporting the operations are working.

"(The American people) can be very proud of the devotion and hustle everyone is exhibiting over here," said the pilot. "Keep them in your prayers and support them." (Courtesy of U.S. Air Forces in Europe News Service)



# Take care of the environment



Our environment is very precious to us, and we need to take steps to ensure that it is preserved for future generations. At any time, there are numerous projects or plans taking shape to enhance our quality of life environmentally. In this country, the government body that has the responsibility for the environment is the Environment Agency, and they work closely with local government bodies to take care of the many aspects of environmental protection.

In addition to government bodies, there are many other people and organisations who take responsibility for land, animals, birds and buildings. Among other things, these organisations create footpaths so that we can enjoy the countryside, restore old buildings to retain our heritage, and provide the right habitats for birds so that they can breed in peace and tranquillity. As more areas are designated sites of special scientific interest, this shows a real commitment to take care of what we have.

The Royal Society for Nature Conversation is an umbrella body

for the Wildlife Trusts set up in many counties, and they provide support for their valuable work. Wildlife Trusts are always looking for volunteers to help with countryside management. If you are interested in getting involved, call the Suffolk Wildlife Trust at (01473) 890089; the Wildlife Trust for Cambridgeshire at (01223) 712400; or the Norfolk Wildlife Trust at (01842) 755010. If you would like to get involved with birds, then the head office for Royal Society for the Protection of Birds is located in Sandy, Bedfordshire, at (01767) 680541. The Eastern area office for the National Trust is located near Norwich, at (01263) 733471.

## Getting involved

Base personnel have been involved in many local community projects. Projects include help that the Airman Leadership School gave to Laureate Primary School in Newmarket, where an area was prepared for a pond and surrounding grassland. Several personnel helped to clear a very overgrown churchyard in Mildenhall town.

## To reach me

For more information about living in Britain, call me at 7-3145. You can also find me in the family support center from 1 to 3 p.m. Wednesdays.



Courtesy photo

Base personnel help clear a very overgrown churchyard in Mildenhall village.

## Kosovo relief

People who would like to help refugees from Kosovo are asked to provide monetary donations to appropriate organizations. Donations of clothing, food, medicines and other goods are discouraged because handling, storage and transport of good is complicated, time-consuming and expensive.

To find out where to send donations, call (202) 667-8227 Ext. 106 or go to <http://www.interaction.org>. InterAction is a coalition of voluntary humanitarian and development organizations that work overseas. People interested in providing specific technical relief services or commodities should contact the Volunteers in Technical Assistance's disaster information center at (703) 276-1914.

FEMA is staffing a public donation hotline at 1-800-USAID-RELIEF, which is operational 24 hours a day, seven days a week.

## National Volunteer Week is Monday to April 25



**By Sarah Graddon**  
**RAF Lakenheath Family Support Center**

In a world of full of cynicism, there are always reasons to have hope. Here in the 48th Fighter Wing, it is volunteers who give us a reason to have hope. Love, caring and compassion are alive and well, and our volunteers are the proof. Volunteers are everywhere, and this week has been set aside to recognize the work that they do.

Volunteers are there for us during stressful times. When a new family arrives at RAF Lak-

enheath, Liberty Link volunteers provide a comforting and reassuring voice for families trying to deal with a new base and a new country. As the newly arrived family anxiously awaits the arrival of their belongings, family services volunteers help them get the items they need to live their lives in comfort. When an active duty family member is sent TDY, a family support center volunteer is there to help those left behind, signing them up for weekend child care programs and moral calls.

Volunteers are there for us during hard times. Red Cross volunteers are there to help families through medical emergencies, spreading their concern and compassion throughout the hospital. Families having financial difficulties due to a PCS, or emergency can count on the RAF Lakenheath Enlisted Spouses Club volunteers at the thrift store or the volunteers at the give away exchange to help them find the items they need for their homes for little or no money. RAF Lakenheath Officers' and Civilians' Spouses' Club volunteers are there to give Christmas cheer to young airmen far from

home. Chapel volunteers are there to assist with spiritual healing for those who are grieving a loss.

Volunteers are there for us during good times. Red Cross volunteers in the hospital celebrate the joy of birth with families, and family services volunteers are there to congratulate new parents with lovingly hand-knitted layettes. School volunteers are committed to help our precious children get the attention and education that they deserve. American youth activities volunteer coaches are there to teach our kids about teamwork and sportsmanship. Volunteers in the chapel are there to celebrate with us at baptisms, first communions, and marriages.

Whenever any member of the Lakenheath community needs somebody to help ease the stress, lessen the hardship, or celebrate the miracle, a volunteer will be there. Volunteers have touched us all, so let us all make sure that we say thank you. Volunteers work for people, not for pay and a sincere thank-you means more than money ever could.

## Students participate in the DODEA writing assessment



By Andy Zacharias  
DODDS superintendent

Each spring, the Department of Defense Dependent Schools conducts the DOD Edu-

cation Activity writing assessment which measures the quality of student writing in grades five, eight, and ten. The three-day assessment directs students to prewrite on the first day, write the first draft on the second day, and write the final draft on the third day. Students involved in this project write for 35 minutes per day. This year, the writing assessment will be administered Monday through May 7. Each school will determine the specific dates for the assessment within this timeframe.

In the assessment, students write to "prompts" which require specific types of writing. Fifth graders write to one of two prompts: expressive writing or per-

suasive writing. The eighth and tenth graders must be prepared to write to one of four prompts: autobiographical incident, problem/solution, observational or report of information.

The writing samples are scored in June by a task force of teachers representing all DODEA districts. The results of the writing assessment are used by the system to monitor the quality of student writing and provide teachers and administrators with information to help them make decisions concerning school improvement plans, staff development, and individual student achievement. Results will be available at the school level in the fall.

## Briefs

### Air War College

Participants in the Air War College non-resident program may take their final exam earlier than projected if they're eligible for the upcoming O-6 central selection board. Call J.D. Benton at 7-3851 for more information.

### Art, wine, jazz, disco

The Eye on the Sparrow #61 sponsors an art, wine, jazz and disco affair from 4 p.m. to midnight April 24. Vendors display wares and there are wine tastings and complimentary hors d'oeuvres. Anyone may attend, and cost is \$12 or £7. Call (01842) 750346 or (01638) 713893 for information.

### Memorial luncheon

The 48th Fighter Wing and 100th Air Refueling Wing military equal opportunity offices sponsor a holocaust memorial luncheon from 11:30 a.m. to 1 p.m. May 6 at the RAF Mildenhall Galaxy Club. The guest speaker is John Chillag, a holocaust survivor. Cost is \$7 for club members and \$9 for non-members. Call 7-3278 or 89-2868 for more information.

### Cancellation

The Air Force Association gala reception and dinner dance scheduled for April has been canceled. Participants will be contacted individually with refund information.

### Bone marrow drive

A bone marrow donor drive is from 9 a.m. to 3 p.m. Monday at the RAF Lakenheath Community Cen-



### Family aid

MSgt. Patrick Doan, 48th Mission Support Squadron, is THE Liberty Wing contact for families with deployed members. People who have questions or need help can reach him at (01638) 523847 during duty hours or through the command post at (01638) 524800 after duty hours.

ter. Participants will fill out paperwork and have some blood drawn.

People who have registered in the past don't have to register again. However, they should update address information. To do this, call 1-800-627-7693 Ext. 501 or write to: C.W. Bill Young Marrow Donor Center, 5516 Nicholson Lane 3rd Floor, Kensington, MD 20895.

### Universities

The University of Oklahoma offers a 34-hour non-thesis Master of Human Relations degree, a 32-hour non-thesis Master of Arts degree with an emphasis in International Relations and a 36-hour Master of Education degree with an emphasis in Teacher Education. Call 7-3125 or 89-4172 for more information.

The University of Maryland sponsors a career/work experience program beginning Term IV. The first class is CAP 1010, Career Decision-Making and Life Planning. This three-semester-hour course provides assistance in making career and employment decisions. Following successful completion of CAP 1010, students may enroll in a cooperative educa-

tion class to gain work experience. Cooperative education combines classroom study with the learning that takes place through supervised work experience in a professional environment.

Students work for one or two terms, 225 hours per term, at a job related to their programs of study. They earn three academic credits each term in CAP 2910, Cooperative Education I, and CAP 2920, Cooperative Education II, for knowledge gained from work performed on the job. For more information, call the base education center at 7-3851.

The base education center has information about short-course programs in the arts, sciences and humanities from several universities in England, Scotland and Wales. There are many courses available that can interest students from any background and level. Call the center at 7-3851 or go by building 991 for more information.

The University of Maryland confirmed that early childhood development students can receive credit from Charles County College for completing all 15 training modules. After completing the modules, students will receive six

semester hours of credit for the following courses: EDU 1012, Introduction to Early Childhood Education; and HTH 1050, Child Health, Safety and Nutrition. For more information, call 7-3195 or 7-3724.

Embry Riddle Aeronautical University offers a graduate certificate in aviation safety. This can be accomplished as part of a Masters of Aeronautics degree or on its own. Call 7-2464 or 89-2319 for more information.

City Colleges of Chicago offers continuous registration in more than 45 basic, independent-study courses. Call Pam Reinhard at 7-3825 for more information.

### Air Force Reserves

Active-duty members who are separating are eligible to join the Air Force Reserves. For information on positions worldwide, call TSgt. Lane Whitlow at 89-5290.

### Mayfair bazaar

More than 675 volunteers are needed to be sales recorders and hostesses May 1 and 2 for the RAF Mildenhall Mayfair bazaar. Volunteers who work six or more hours are eligible for door prizes and may have their child care reimbursed. Call Kelly McMullen at (01638) 532675 or Carla McCaskill at (01638) 533615 for more information.

### Retirees web page

The United Kingdom Retirees Council has a new World Wide Web page at <http://www.ukretirees.freeserve.co.uk>.



Photo by SrA. Tony Tolley

### **DOD juggling, magic show**

Bryson Lang, a juggler with a Department of Defense show, juggled fire to entertain youngsters at a DOD juggling and magic show at the RAF Lakenheath Youth Center March 30. The free show lasted about an hour and a half, and about 200 children attended. For more information about youth activities, call 7-3180.

## **At the movies**

### **RAF Lakenheath**

#### **Today**

7 p.m. - "Simply Irresistible" (PG-13) Starring Sarah Michelle Gellar and Sean Patrick Fahey. Amanda and Tom seem to have nothing in common, but a mysterious crab seller, a chance meeting in a market and something magical are about to bring them together.

10 p.m. - "True Crime" (R) Starring Clint Eastwood and Isaiah Washington. An experienced newspaper reporter is challenged by his latest interviewee - a death row inmate on his way to his execution. With 26 hours left, the journalist is convinced the accused murderer is innocent.

#### **Saturday**

1:30 p.m. - "The Rugrats" (G) Animated. The Pickles family faces the biggest adventure of any household - the birth of a new child.

#### **4 p.m. - "Antz"**

7 p.m. - "True Crime" (R)

10 p.m. - "True Crime" (R)

#### **Sunday**

2:30 p.m. - "Saving Private Ryan" (R) Starring Tom Hanks and Edward Burns. A squad of U.S. Army soldiers goes on a perilous mission behind enemy lines to save Private James Ryan, the last survivor of a family of four brothers, all of whom have been killed in action.

7 p.m. - "Simply Irresistible" (PG-13)

#### **Monday**

7 p.m. - "True Crime" (R)

#### **Tuesday**

7 p.m. - "Simply Irresistible" (PG-13)

#### **Wednesday**

7 p.m. - "In Dreams" (R) Starring Robert Downey Jr. and Annette Bening. A serial killer kidnaps the daughter of a psychic woman. The mother begins having dreams about the killer and must prove her visions are true to save her child.

#### **Thursday**

7 p.m. - "True Crime" (R)

#### **April 23**

7 p.m. - "What Dreams May Come" (PG-13) Starring Robin Williams and Cuba Gooding Jr. For Chris Nielsen, his love for his wife Annie defines the core of his being and completes his soul. After his untimely death, Destiny decrees that he must journey to the very depths of Hell to be with her, and he does.

10 p.m. - "10 Things I Hate About You" (PG-13) Starring Julia Stiles and Heath Ledger. In the Stratford household, Bianca can't date until her older sister, Kat, does. This seems highly unlikely since Kat is a social disaster.

### **RAF Mildenhall**

#### **Today**

7 p.m. - "At First Sight" (PG-13) Starring Mira Sorvino and Val Kilmer. When New York City architect Amy falls in love with blind charismatic masseur Virgil, she convinces him to undergo experimental surgery that will allow him to see the world. They learn that all gifts come with a price.

10 p.m. - "10 Things I Hate About You" (PG-13)

#### **Saturday**

7 p.m. - "10 Things I Hate About You" (PG-13)

9:30 p.m. - "Varsity Blues" (R) Starring James Van Der Beek and Jon Voight. High-school football is king in a small Texas town where 17-year-old boys carry the hopes of an entire community onto the field every Friday night.

#### **Sunday**

7 p.m. - "At First Sight" (PG-13)

#### **Monday**

7 p.m. - "Varsity Blues" (R)

#### **Tuesday**

7 p.m. - "Varsity Blues" (R)

#### **Wednesday**

7 p.m. - "She's All That" (PG-13) Starring Freddie Prinze Jr. and Rachel Leigh Cook. Zack is senior class president, honor student and captain of the soccer team. Having just been dumped by his girlfriend, he bets his friend that anyone can be made into a prom queen.

#### **Thursday**

7 p.m. - "10 Things I Hate About You" (PG-13)

movie with popcorn and a pot-luck. Call (01359) 250269 for details.

### **Cultural presentation**

Philippines cultural presentations are at 7 p.m. April 29 at the RAF Lakenheath Library. These presentations are courtesy of the Philippino American Friendship Club, and feature the native folk dance of the Philippines, "The Tinikling." Other folk dances will be presented each night. All ages are welcome, but people need to sign-up in advance since there is a maximum of 50 guests per night. Call 7-3713 to sign up.

### **Crocheting class**

The RAF Feltwell Community Center offers three different crocheting classes from 10 a.m. to 1 p.m. Saturdays throughout April. There are classes for adults, school-aged children and for adults and children together. Call 7-7021 for details and class times.

## **Services**

### **Free children's movie rental**

Electric Avenue offers children a free children's movie one-day rental for Month of the Military Child. Children 12 and under may select one movie from Electric Avenue's selection of children's movies Wednesday. For more information, call 7-2067.

### **Balloon deliveries**

Orders for Secretaries Day balloon deliveries are being taken at the RAF Lakenheath Community Center, and prices start at \$8.50. Balloons are delivered to work places Wednesday. Call 7-2221 to place an order.

### **Creative memories classes**

Create a photo album in a creative memories class at the RAF Feltwell Community Center. Classes are April 24 and 29. Sign up for one of the following classes: creative beginners, creative lay-out, unique pocket pages, crop 'til you drop, and fun with stickers and borders. Each class is \$10, except crop 'til you drop, which is \$12. Call 7-7023 for details.

### **Spring break dance party**

The RAF Lakenheath Youth Center has a dance party Saturday. The dance is from 5:30 to 6 p.m. for children 6 to 8 and from 7 to 9 p.m. for children 9 to 12. Cost is \$1 for members and \$2 for non-members. For details, call 7-3180.

### **Get to know your car**

The RAF Lakenheath Auto Crafts Center offers a "get to know your car" class from 5:30 to 8 p.m. Monday. Learn about basic maintenance and upkeep, how to change oil, do fluid level and tire pressure checks and other routine vehicle checks. Students must

provide their own parts, and cost is \$15 per person. Call 7-2454 or 7-2593 for more information.

### **Pinkerton's renovation**

Pinkerton's at the Liberty Club is closed for kitchen renovation through Tuesday. Call 7-2489 for more information.

### **Secretaries Day luncheon**

The RAF Lakenheath Officers' Club sponsors an all-ranks luncheon and fashion show for Secretaries Day from 11:30 a.m. to 1:30 p.m. Wednesday. Cost is for members \$8 and \$10 for non-members, and tickets must be purchased in advance. The luncheon is a three-course meal, and the fashion show focus is business and casual wear with garments provided by the RAF Lakenheath Base Exchange. There will also be door prizes. Call 7-2535 to make reservations.

### **Computer class**

The RAF Lakenheath Library offers a free introduction to Microsoft Word '97 class from 10 a.m. to noon April 25 and from 7 to 9 p.m. April 29. Call 7-2900 to sign up.

### **Book club**

The Shepherd's Grove Book Club meets from 7 to 9 p.m. April 29, and members discuss this month's book and choose a book for next month. Anyone may participate. For details, call (01359) 250269.

### **Community clean-up, potluck**

The Shepherd's Grove Community Center sponsors a community clean-up and potluck beginning at 4 p.m. April 24. Participants will help clean up the housing area. Following the clean up, there is a family

# Reduce jet lag while traveling



**By Maj. Frank Thornburg**  
Health and wellness center

Studies have shown that 94 percent of long-haul travelers experience jet lag. It can occur after changing only two time zones, so you can imagine what happens when you fly back and forth across the ocean. With all of the TDYs, PCS moves and deployments, jet lag can be a real problem for military members and their families.

## What is jet lag?

**Fatigue:** being worn out and tired for days after arriving, generally accompanied by a lack of concentration and motivation, especially for any activity that requires effort or skill, such as driving, reading or discussing a business deal.

**Disorientation, fuzziness:** Having to return to check three times to see if your hotel room was left locked or unlocked is a typical symptom reported by flight crews experiencing jet lag.

**Becoming irrational or unreasonable:** "Losing it" is another symptom reported by aircrew, which explains why long-haul

flights get very tedious near the end, and why going through customs and immigration and getting to the hotel often seems like a real drama.

**Broken sleep after arrival:** Crossing time zones can cause you to wake during the night and then want to fall asleep during the day. Your built in circadian rhythms have been disturbed, and it can take many days for the body to readjust to the new time zone. NASA estimates you need one day for every time zone crossed to regain normal rhythm and energy levels.

In addition to these jet lag symptoms, the syndrome is made worse by some common physical problems caused by being confined in an airliner for hours.

**Dehydration:** This can cause headaches, dry skin and nasal irritation, and make you more susceptible to colds, coughs, sore throats and flu that are floating around the aircraft.

**Discomfort of legs and feet:** Limbs swelling while flying can be extremely uncomfortable, and in some cases may prevent travelers wearing their normal shoes for up to 24 hours after arrival.

## What causes jet lag?

**Crossing time zones:** The main cause of jet lag is crossing time zones. Usually going east is worse than going west. Adults who adjust readily to changes of routine seem less susceptible to jet lag than those who are slaves to a fixed daily routine.

**Your pre-flight condition:** If you're overtired, excited, stressed or hungover before the flight, you are setting yourself up for a good dose of jet lag.

**Dry atmosphere:** The air aboard passenger jet aircraft is dry. To people who normally live in more humid conditions, the change can be dramatic. The dryness can cause headaches, dry skin and dry nasal and throat membranes. Drinking plenty of water helps, and some flyers take a bottle of water with them. Coffee, tea, alcoholic drinks and fruit juices are not recommended. Water is what your body wants.

**Cabin pressure:** At a cruising altitude of 30,000 feet, the aircraft is pressurized to near 8,000 feet. Unless you live near 8,000 feet and are acclimatized to this pressure, you may suffer from swelling, tiredness and lethargy.

**Stale air:** Providing a constant supply of fresh air in the cabin costs the airlines money, and some airlines are more willing to oblige than others. The air supply in business and first-class is often better than in economy class. A lack of good air helps make you tired and irritable and can cause headaches.

**Alcohol:** The impact of alcohol on the body is two to three times more potent when you're flying. Add this to the other problems and you can get off the plane with a hangover that compounds the effects of jet lag.

**Lack of exercise:** Do stretching exercises in your seat, especially

for the legs, and if possible go for walks up and down the aisle. If you have a spare seat next to you, try to get your feet up. Get off the plane whenever possible at stopovers and do some exercises.

## Techniques for reducing jet lag

Two days before the flight, eliminate fatty foods and concentrate on complex carbohydrates such as grains, fruits and vegetables. Eat light and drink plenty of water.

During the flight, avoid taking sleeping pills; restrict motion-sickness medication, if possible—both aggravate jet lag. Continue the low-fat, high-carbohydrate diet. Drink plenty of water and avoid alcohol and caffeine.

During the flight, exercise in your seat. Walk around periodically. This will also help prevent blood clots.

Upon arrival, take a short nap and a shower. Then accommodate your activity to the time of day. If it's noon, have lunch and spend as much time in natural daylight as possible. Get some moderate exercise. Have dinner and turn in at a reasonable hour.

If you're gaining time, you may feel jet lagged a few days after you return. Treat yourself the same way you did before leaving home—eat a low-fat, high-carbohydrate diet and drink plenty of water.

For information about other wellness and prevention topics, call the RAF Lakenheath Health and Wellness Center at 7-HAWC.

## Sports shorts

### Green fee renewals

Annual green fee renewals begin in April at the RAF Lakenheath Golf Course. Call 7-2223 for details.

### Moonlight bowling

Liberty Lanes has moonlight bowling at 7:30 p.m. Saturday, and cost is \$10. Participants must be 18 or older. For more information, call 7-2108.

### Swim lesson registration

Registration for pre-school and after-school swimming lessons is at 11 a.m. Wednesday. All registrations are on a first-come, first-

served basis. Call 7-2815 for more information.

### Step workshop

The Aerobics and Fitness Association of America step teaching skills workshop April 24 is designed to introduce safe and effective step teaching techniques and will prepare participants for step certification. There are no prerequisites for this workshop. Cost is £62 for non-AFAA members and £56 for AFAA members.

A one-day step certification workshop is April 25 for instructors with some teaching experience and people who have completed the previous day's teaching workshop. The program will review safe and effective step

teaching techniques, practical application of aerobics and fitness theory as it applies to step training, and will examine criteria and practice of techniques for the practical exam. Cost is £143 for non-AFAA members and £129 for AFAA members. Participants must be 16 or older. Both events are at the RAF Lakenheath Fitness and Sports Center. Call 7-3067 or 7-3249 for more information.

### Salsa aerobics

Salsa aerobics are from 9:30 to 10:45 a.m. May 1 at the RAF Lakenheath Fitness and Sports Center. This master class consists of an hour of aerobics to Salsa music, combining all regular Salsa moves.